



# Your Healthy Workplace

A Monthly Newsletter • September 2018



## Tick ... Tick ... Tick

**Y**ep! Flu season could be in full swing by October – a few short weeks away. Since it takes about two weeks after you get a flu shot to develop antibodies to fight the flu, the time to schedule those company flu shots is now.

We'll come to your company on your schedule, or you can send your employees to us. To schedule your flu shots, contact Jennifer Carmack at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).

## We speak OSHA!

To help you comply with OSHA, we offer ...

- ▶ On-site CAOHC-certified audiometry in our mobile unit
- ▶ DOT, non-DOT & hair follicle drug screening
- ▶ Breath- & blood-alcohol testing
- ▶ Health fairs
- ▶ DOT, wellness & pre-employment physicals
- ▶ NIOSH-approved pulmonary function testing
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Strength & agility testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays & EKGs

## We make physicals easy to schedule

**T**he next time you need to schedule Department of Transportation (DOT) physicals for your drivers, you need only make one phone call or write one email.

Physicians Quality Care OCCMed will do the rest. We'll set up the physicals to suit your schedule; fill out all of the necessary paperwork, including certificates of health for each driver; and get the results back to you in a timely manner.

Getting physicals set up for a large group doesn't have to be a logistical challenge. In fact, our medical examiners will even come to your site to do the physicals.

DOT physicals follow a plan laid out by the Federal Motor Carrier Safety Administration (FMCSA). With the public's and driver's safety in mind, the DOT physical is referred to as a "medical fitness for duty" examination, which ensures that each driver can handle the long hours, tough schedules and stress caused by the demands of professional driving.

The U.S. Department of Transportation requires that drivers of commercial vehicles get a

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20/40 acuity in each eye with or without correction. They are also required to have at least 70° peripheral in the horizontal meridian, measured in each eye.

▶ **Hearing disorders:** Drivers must be able to

DOT physical every two years – or more often if the driver's health warrants it.

During a DOT physical, our FMCSA-certified medical examiners will test for...

▶ **Vision disorders:** Drivers are required to have at least

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## Get moving ...

Many studies have pointed to the serious health threats of long periods of uninterrupted sitting at home or at work. Between 70 and 95 percent of people are considered inactive.

What should you do? The answer, in part, is that you must find ways to get out of your chair during every workday.

The ideal is to stand, move or do light activity for at least four hours daily. So ...

Get an adjustable workstation that allows you to alternate between sitting and standing. Twice a day, stand up and do a series of stretches targeting the neck, shoulders, back and legs. Use every coffee break to take a brisk walk around the office. Don't work through lunch – have it away from your desk even if you can't get outside. Use a fitness tracker to count your steps to help you get motivated to do more.

*Source: HealthDay*

## DOT physicals

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perceive what is known as a “forced whisper” at a distance of five feet or less, with or without a hearing aid.

This standard equates to an average hearing loss in the better ear of less than 40 dB.

- ▶ **High or low blood pressure**
- ▶ **Urinalysis** to check for underlying conditions, such as diabetes, and to do a drug screen.
- ▶ **Physical examination** to check for disabilities and lung, vascular and neurological disorders.

## We'd like to learn more about you

Dr. Melanie Hoppers, Chief Medical Officer at Physicians Quality Care, is available to walk through your plant or business to become more familiar with the type of work being done in your location. To set up the visit with Dr. Hoppers contact Jennifer Carmack at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731.984.8400.



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Physicians Quality Care OCCMed provides occupational medicine services to West Tennessee's industrial base • [occmcdjackson.com](http://occmcdjackson.com)

## Retire the office cubicle?

A new study suggests that open workspaces without partitions between desks encourage employees to be more active and help curb stress.

“We are becoming an increasingly sedentary workforce, and anything that we can do, even passively, to nudge physical activity up will have enormous benefits,” said lead researcher Casey Lindberg.

“There is not a one-size-fits-all design solution here, as office cultures, job types and individuals differ widely,” he added.

Lindberg is a research associate with the University of Arizona Institute on Place and Wellbeing in Tucson.

He and his colleagues tracked physical activity and stress levels of 231 government em-

ployees, all of whom were described as healthy.

Some worked in an open office, with either low partitions between desks or none at all. Others worked in offices outfitted with high-walled cubicles or in fully walled-off spaces.

Workers in open offices were 20 percent more active than those in cubicles, and 32 percent more active than colleagues in private offices, the study found. And compared to more sedentary colleagues, more active workers had 14 percent lower stress levels outside the office.



Other office design features — such as access to stairwells or informal meeting spaces — might also affect worker stress, Lindberg said.

He and his team hope that their findings lead to “a new conversation about the pros and cons of different aspects of office design on health outcomes.”

*Source: HealthDay*